



Families Matter Can Help

Asking for help is a sign of your and your family's courage and strength.

We can offer help in many ways

Telephone Support—Call us

- You will be able to speak to a woman with postpartum experience.
- She will listen to you and offer ideas that will help you get better faster.
- You can call us when it works for your schedule.
- Call us as often as you need to.

Group Support—Women helping women.

- Group meets once a week with a trained professional who leads the discussion.
- You will get support and your questions will be answered.
- You will feel less confused about what's happening.
- Group support helps everyone heal together.

In Home Support—We come to You

- Our staff can come to your home to offer support and answer your questions.

Baby Drop In—Come join others Moms

- Every Monday morning at our two centres Mom's gather with babies and siblings for conversation, coffee and friendship. Come with your questions.

Couples Night— Couples Come Together

- Postpartum depression affects fathers too.
- You may feel your relationship is in crisis.
- Our staff will help you and the father of your baby talk about how to support each other in this new period of your life.



Video—Hear other's stories

- We have a video that helps Moms and their families understand what postpartum depression is. Ask our staff to show it to you.

Volunteer—You can help

- You may want to help others once you have gotten better.
- We offer training and support for you to be a helper to others.
- Call us. To find out how you can volunteer.

**Postpartum depression is a treatable illness.
It will end.**

**Talking to us is good for you and your baby.
We can help. Call 403 205 5178**

Support for this resource was
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